What is Claimed:

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1. A microscope comprising:

a microscope arm having an interior surface and an exterior surface; said interior surface comprising at least one recessed portion, said at least one recessed portion extending from said interior surface of said microscope arm to an inner recess surface of said microscope arm, said recessed portion comprising a surface for gripping said microscope.

- The microscope of Claim 1 wherein said recessed portion comprises at least one wall
 extending from said inner recess surface to said interior surface.
 - 3. The microscope of Claim 1 wherein the shape of a portion of said at least one wall is selected from the group consisting of planar, arcuate, spherical, and ellipsoid.
- 15 4. The microsope of Claim 1 wherein said recessed portion comprises a plurality of walls, said plurality of walls extending from said interior surface to said inner recess surface.
 - 5. The microscope of Claim 4 wherein said plurality of walls slope from said interior surface to said inner recess surface.

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6. The microscope of Claim 1 wherein a portion of said recessed portion is disposed above a microscope stage and below a microscope objective turret.

- 7. The microscope of Claim 1 wherein said recessed portion comprises a textured surface for increasing the static coefficient of friction thereof.
- 5 8. The microscope of Claim 1 wherein said recessed portion is shaped for complementarily accepting a portion of the human hand.

9. A microscope comprising:

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an arcuate microscope arm, said arcuate microscope arm comprising an interior and an exterior surface; said interior surface comprising at least one recessed portion, said at least one recessed portion extending from said interior surface of said microscope arm to an inner recess surface of said microscope arm, said recessed portion comprising a surface for gripping said microscope.

- 15 10. The microscope of Claim 9 wherein said recessed portion comprises at least one wall extending from said inner recess surface to said interior surface.
 - 11. The microscope of Claim 9 wherein a portion of said at least one wall is selected from the group consisting of planar, arcuate, spherical, and ellipsoidal.

12. The microscope of Claim 9 wherein a portion of said recessed portion is disposed at a position above a microscope stage and below a microscope objective turret.

- 13. The microscope of Claim 9 wherein said recessed portion comprises a textured surface for increasing the static coefficient of friction thereof.
- 5 14. The microscope of Claim 9 wherein said recessed portion is shaped for complementarily accepting a portion of the human hand.

15. A microscope comprising:

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a microscope arm, said microscope arm comprising an interior and an exterior surface; said interior surface comprising a removable panel having at least one recessed portion, said at least one recessed portion extending from said interior surface of said microscope arm to an inner recess surface of said microscope arm; said recessed portion comprising a surface for gripping said microscope.

- 15 16. The microscope of Claim 15 wherein a portion of said recessed portion is disposed above a stage and below an objective turret of said microscope.
 - 17. The microscope of Claim 15 wherein said recessed portion comprises at least one wall extending from said inner recess surface to said interior surface and said at least one wall is selected from the group consisting of planar, arcuate, spherical, and ellipsoidal.

- 18. The microscope of Claim 15 wherein said recessed portion comprises a textured surface for increasing the static coefficient of friction thereof.
- 19. The microscope of Claim 15 wherein said recessed portion extends from said interior
 5 surface of said microscope arm to a side of said microscope arm.

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